On Point

2nd Year | First Term

English

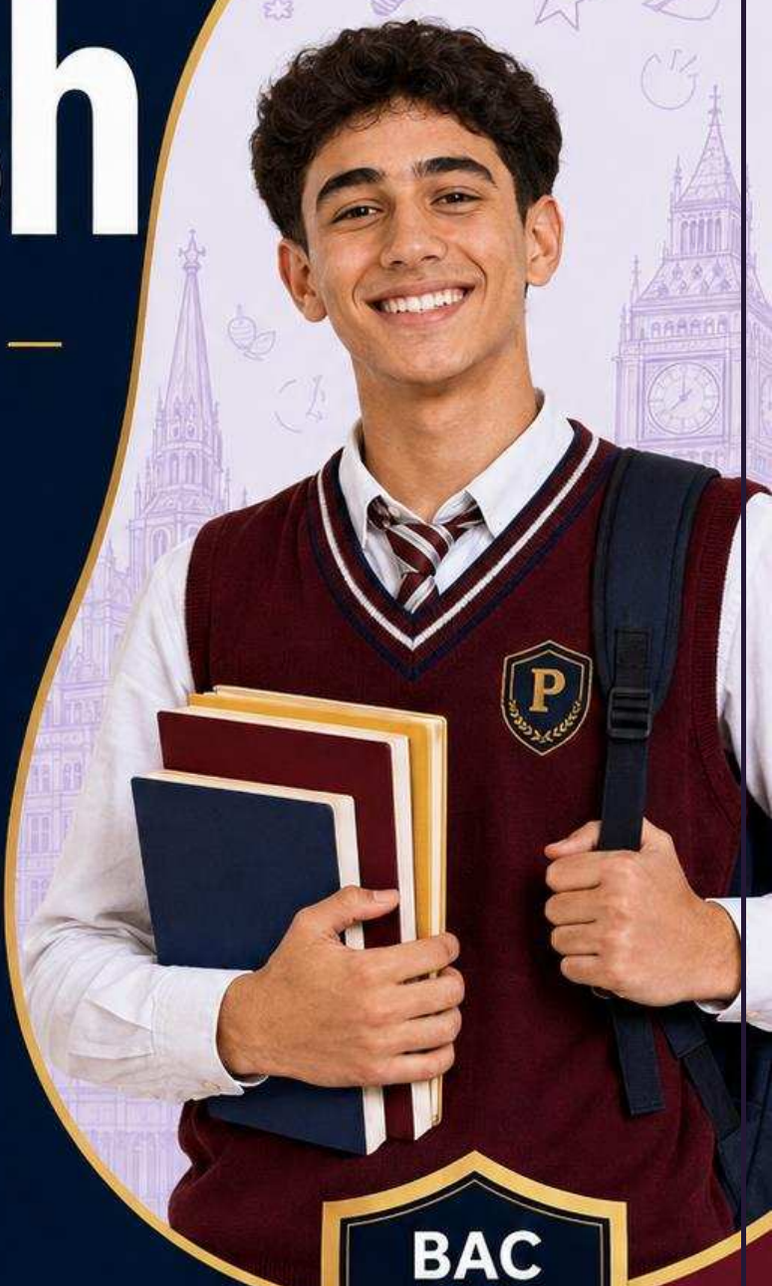
اللغة الإنجليزية

UNIT 1

Living Well in a Complex World

Concept 1 | Well-being

مذكرة الصف الثاني الثاني - بكالوريا



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BAC 2

Learn | Understand | Practice | Succeed

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BAC 2

UNIT 1 • Living Well in a Complex World

Concept 1: Well-being

Important Source Rule

All reading texts and official textbook activities in this memo are reproduced from the 2nd Year Egyptian Baccalaureate textbook. No substitute or similar reading passage is used. Any added explanation is clearly labelled “On Point Explanation”.

النسخة هذه في العمل قاعدة

النصوص الأصلية للقراءة والأنشطة الرسمية مأخوذة من كتاب الصف الثاني الثانوي بكالوريا ، ولا يتم استبدال أي نص بنص مشابه .أي شرح أو تبسيط مضاف من المذكرة سيكون واضحًا تحت عنوان.On Point Explanation

Unit Map

- 1.1 Social Media and Self-Image — Section A: Social Reflection
- 1.2 Exploring Modern Lifestyles — Section A: Social Reflection
- 1.3 Whose Responsibility Is It? — Section B: Shared Responsibility
- 1.4 Understanding Mental Health — Section B: Shared Responsibility
- 1.5 Assessment + Self-Assessment

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01

Unit Overview

Official Unit Overview

This unit explores how the concept of “well-being” is shaped by personal choices, social influences, and cultural contexts. It focuses on how young people understand themselves while facing modern challenges such as lifestyle habits, social media, and mental health.

You will examine how ideas of a “healthy” or “successful life” are influenced by media and society, and how these can create bias or unrealistic expectations. Through inquiry and discussion, you can develop the ability to question assumptions, evaluate evidence, and consider different perspectives.

You will be able to

- Reading: identify bias in media texts, recognize rhetorical devices such as rhetorical questions and intensifiers, and understand their effects.
- Listening: compare peers’ perspectives on cultural and psychological aspects of social media and respond to them.
- Speaking: express and justify opinions on topics such as social media responsibility, platform redesign, and cultural influences.
- Writing: use neutral and hedging language in evidence-based sentences and write reflective responses.

Content Objectives

- identify key concepts related to lifestyle and well-being.
- explain factors affecting physical and mental well-being.
- analyze how media influences perceptions of well-being.
- evaluate arguments and evidence related to health and lifestyle.
- construct structured arguments using Justify - Reason - Evidence (JRE).

Language Objectives

- use participial phrases to present evidence.
- use relative clauses to support arguments.
- use “If” conditionals.
- use hedging techniques in writing.
- use persuasive and evaluative language.
- participate in structured discussions.

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• write analytical paragraphs using JRE.

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Inquiry Question

Inquiry What does it mean to live well in a complex world?

Explain What message does the diagram give about balance?

Analyze Which element in the diagram do you think has the greatest impact on overall well-being?

Evaluate How far do you agree that all the elements in the diagram are equally important?

Core elements in the official diagram

maintaining physical well-being • social connection • developing responsible habits • coping positively with stress

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1.1

1.1 • Social Media and Self-Image

SECTION A: Social Reflection

Official Intro — What it means to see yourself through social media

In today's fast-changing world, social media plays a major role in shaping how teenagers think, feel, and see themselves. While it can inspire healthy habits and positive change, it can also create unrealistic expectations and pressure.

Inquiry Question How does daily screen time on image-based apps directly affect a teenager's self-esteem?

Explain What is social media bias?

Analyze How can we identify bias in social media posts?

Evaluate Do you think social media has more positive or negative effects on teenagers' self-image? Why?

Official Listening Task

Mass Media — The Impossible Standard: How Social Media is Reshaping the Way Teenagers See Themselves

The student book gives the official listening title, source note and questions, but it does not print the full audio transcript. Therefore this memo does NOT invent or substitute a listening passage. Use the official audio with the following textbook questions.

Identify According to the recording, how have social media platforms changed over the past decade?

Identify What percentage of teenagers who spend more than three hours a day on image-based social media platforms report symptoms of low self-esteem?

Identify What term do psychologists use to describe the selective posting of perfect moments?

Complete Social media platforms have become highly _____ stages where individuals perform constructed versions of their lives.

Complete The gap between ordinary people and celebrities is _____ on social media compared to traditional media.

Complete Viewers instinctively treat the "highlight reel" as a _____ and accurate picture of reality.

Complete The recording emphasizes that _____ is an essential skill for protecting mental health in the digital age.

Analyze Why does the recording describe social media as "highly curated stages"? What does this imply about what we see online?

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Analyze According to the recording, why is social comparison more dangerous on social media than in traditional media?

Evaluate The recording states that teenagers are “twice as likely” to report symptoms of low self-esteem. How convincing is this statistic? What additional information would you need?

Analyze Why does the recording end with a discussion of media literacy? What message is the speaker trying to convey?

1.1 Language in Context • Media Analysis

Original (Biased)	Revised (Neutral + Hedging)
Everyone knows exercise is essential.	Many studies suggest that regular exercise play an important role in maintaining health.
Social media makes all teenagers aggressive.	Some research implies that certain types of social media content could influence aggressive behavior.
Social media destroys teenagers’ confidence.	Research indicates that excessive social media use may negatively affect some teenagers’ self-esteem.
All teenagers believe everything they read online.	Some teenagers might accept online information without critical evaluation.
Social media is completely dangerous and should be banned for teenagers.	Social media presents certain risks that may warrant guidelines for teenagers.

Interactive Exercise: Rewrite the Bias

“Social media completely controls the way young people think.”

“Teenagers waste all their time on social media.”

“Social media is the worst thing that ever happened to young people.”

On Point Explanation

Hedging makes claims more careful and academically responsible. Useful words include may, might, could, suggests, indicates, appears to, and some. Absolute words such as always, never, every, all, and completely often make a statement

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sound stronger and potentially more biased.

شرح مبسط

الـ Hedging يعني إنك تخفف درجة التأكيد في الجملة لما الدليل لا يسمح بالتعميم. بدل ما تقول Social media : Research indicates that excessive social media use may ممكن تقول، destroys confidence negatively affect some teenagers' self-esteem.

TEXT

Official Social Media Post for Analysis

Original Text

"I woke up at 5 am, went on a 10-km run, prepared an amazing green smoothie, and still had time for a full skincare routine. If you're not living like this, you may feel less successful than others. Every successful person I know starts the day with intense exercise and a perfectly balanced diet. There are NO excuses. Health is a choice, always."

Media Analysis: Key Concepts

Word / Expression	Meaning in Arabic	Definition / Note
highlight-reel effect	تأثير عرض أفضل اللحظات فقط	the tendency to post only the best moments online, creating a false image of reality
social comparison	المقارنة الاجتماعية	evaluating yourself by comparing yourself to others
evaluative adjective	صفة تقييمية	an adjective that expresses a judgment or opinion (e.g. amazing, toxic, unrealistic)

Official Comprehension Check

Analyze Why are teenagers more affected by social media than others?
Analyze Why is social comparison considered dangerous?

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Evaluate Do you think social media has a positive or negative effect on teenagers? Support your answer with reasons and evidence from the text.

Explain What is the “highlight-reel effect”? Explain in your own words using evidence from the article.

JRE

JRE To what extent do you think social media gives a realistic picture of life? Give your claim and support it with reasons and evidence from the text.

JRE What do you think of the writer’s view of social media? Is it balanced or biased? Support your judgment with evidence from the text.

1.1 Writing in Action

Official textbook content • Source page 19

Word / Expression	Meaning in Arabic	Definition / Note
Rhetorical questions	أسئلة بلاغية	do not need an answer; used to make the reader think
Intensifiers	ألفاظ تقوية	make ideas stronger: very, extremely, significantly
Hedging words	ألفاظ التحوّط	show uncertainty or caution: may, might, could
Absolute words	ألفاظ مطلقة	state ideas with full confidence: always, every, never, no excuses

Neutral language

Neutral language is balanced, objective and free from bias.

Official Speaking

Analyze How does the writer’s purpose affect the language choices they make?

Analyze Can the same information be presented differently depending on the audience? Give an example.

Evaluation To what extent does social media create unrealistic expectations about lifestyle and identity? Justify your position with reasons and examples from your own observations.

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Self-Reflection

What new vocabulary did you learn in this section?
Which skill (identifying bias, analyzing language, evaluating arguments) do you feel most confident in?
Which skill do you need more practice with?
How can you apply what you've learned about media literacy to your daily life?
What questions do you still have about social media and self-image?
How would you know you have improved your media literacy skills?

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1.1 • Social Media and Self-Image

Definitions • التعريفات

Word / Term	Definition	المعنى
bias	a preference or judgment that makes language unfair or not neutral	تحيز
self-image	the way a person sees and thinks about himself / herself	الصورة الذاتية
curated	carefully selected and arranged rather than shown completely	منتقى بعناية
highlight-reel effect	showing only the best moments so life looks more perfect than reality	تأثير عرض أفضل اللحظات فقط
social comparison	judging yourself by comparing your life or appearance with others	المقارنة الاجتماعية
evaluative adjective	an adjective that expresses a judgment or opinion	صفة تقييمية
intensifier	a word that makes meaning stronger, such as extremely or significantly	أداة تقوية للمعنى
hedging	using cautious language such as may, might, could, suggest	لغة حذرة / التحوط اللغوي
absolute language	language that sounds completely certain, e.g. always, never, every	لغة قطعية مطلقة
media literacy	the ability to understand, question and evaluate media messages critically	الوعي / الثقافة الإعلامية

Vocabulary

Vocabulary	Arabic Meaning
unrealistic expectations	توقعات غير واقعية
pressure	ضغط
self-esteem	تقدير الذات
selective posting	النشر الانتقائي
constructed version	صورة / نسخة مصطنعة
instinctively	بشكل تلقائي / غريزي
accurate picture	صورة دقيقة
critical evaluation	تقييم نقدي

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excessive use	استخدام مفرط
guidelines	إرشادات
balanced	متوازن
objective	موضوعي
persuasive	إقناعي
neutral	محايد
affect	يؤثر في
influence	يؤثر / تأثير

Expressions, Prepositions & Collocations

Expression / Collocation	المعنى
shape how teenagers think and feel	يشكل طريقة تفكير وشعور المراهقين
create unrealistic expectations	يخلق توقعات غير واقعية
report symptoms of low self-esteem	يُبلغ عن أعراض انخفاض تقدير الذات
highly curated stages	منصات / مساحات منتقاة بعناية شديدة
constructed versions of their lives	صور مصطنعة من حياتهم
treat ... as an accurate picture	يتعامل مع ... باعتباره صورة دقيقة
protect mental health	يحمي الصحة النفسية
rewrite biased language	يعيد صياغة اللغة المتحيزة
support a judgment with evidence	يدعم الحكم بالأدلة
create pressure on teenagers	يسبب ضغطًا على المراهقين

Word Families

Verb	Noun	Adjective	Adverb
compare	comparison	comparative	comparatively
evaluate	evaluation	evaluative	—
persuade	persuasion	persuasive	persuasively
influence	influence	influential	influentially
create	creation	creative	creatively
protect	protection	protective	protectively

Synonyms & Antonyms

Word	Synonym	Antonym
realistic	practical / believable	unrealistic
biased	one-sided / unfair	neutral / objective
positive	beneficial / helpful	negative / harmful
accurate	correct / precise	inaccurate / misleading
excessive	too much / extreme	moderate / limited
constructed	created / arranged	natural / spontaneous

Prefixes & Suffixes

Prefix / Suffix	Function	Example	المعنى
un-	negative / opposite	realistic → unrealistic	غير / عكس
self-	refers to oneself	esteem → self-esteem	ذاتي
-ion	forms a noun	compare →	يُكوّن اسمًا

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		comparison	
-ive	forms an adjective	persuade → persuasive	يُكوّن صفة
-ly	forms an adverb	high → highly	يُكوّن ظرفًا

On Point Note: bias = noun (تحيز) / biased = adjective (متحيز). affect is usually a verb (في يؤثر), while effect is usually a noun (تأثير).

الشرح المبسط

• الفكرة الأساسية في هذا الجزء أن وسائل التواصل لا تعرض الحياة كاملة دائمًا؛ بل قد تعرض لحظات مختارة بعناية، ولذلك يجب ألا نتعامل مع كل ما نراه على أنه صورة دقيقة للواقع.

• المقارنة الاجتماعية تصبح خطرة عندما يقارن الطالب حياته العادية بصورة مثالية أو منتقاة لشخص آخر؛ وهذا قد يؤثر في تقدير الذات.

• عند تحليل أي منشور، ابحث عن الكلمات القطعية مثل always / never / every وعن الصفات التقييمية والمبالغات، ثم حاول تحويلها إلى لغة محايدة تستخدم may / might / could / suggest.

• في أسئلة Analyze وEvaluate لا يكفي ذكر رأيك؛ المطلوب تفسير أثر اللغة وتقديم دليل من النص أو المنشور.

JRE Model Answer •

Part	Model
J — Justify / Claim	Social media may create an unrealistic picture of life.
R — Reason	Users often post selected positive moments rather than their full everyday experience.
E — Evidence	The section explains the “highlight-reel effect” and shows a post using absolute claims such as “NO excuses” and “always.”
Explain the evidence	This evidence suggests that the post presents one narrow lifestyle as if it were true for everyone, so the reader should evaluate it critically.
Judgment	Therefore, social media can influence self-image, but its messages should be judged carefully rather than accepted as complete reality.

Extra Practice

1. Rewrite with hedging: “Social media always damages teenagers’ confidence.”

.....

2. Identify the bias: “Every successful person starts the day with intense exercise.”

.....

3. Write one sentence using an intensifier and then rewrite it in neutral language.

.....

4. Give one reason why media literacy can protect teenagers’ mental health.

.....

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1.2

1.2 • Exploring Modern Lifestyles

SECTION A: Social Reflection

Official Intro — What it means to be part of modern life

Modern life moves faster than ever. Technology saves us time, yet we fill that time with more tasks, screens, and pressure. How we choose to live – our daily habits, our diet, and our sleep – shapes not only our physical health, but also our identity and sense of self.

Inquiry Question How do lifestyle habits and technology use shape identity differently among young adults in collectivist cultures (e.g. Egypt) vs. individualistic (e.g. USA) cultures?

Explain What habits do teenagers have in common today?

Analyze How do different lifestyles affect our well-being and happiness?

Evaluate Do you think today's teenagers have healthier habits than previous generations? Why? / Why not?

Habits for a Healthy Lifestyle — Original Text

1. Exercise and Physical Activity

Original Reading

Health experts regularly recommend that teenagers do at least 60 minutes of moderate-to-hard physical activity every day. This doesn't necessarily mean competitive sport. Activities such as cycling to school, swimming, or even a brisk walk, all count towards the daily target. What makes exercise particularly powerful is its effect on the brain: physical activity causes the release of endorphins, chemicals that reduce feelings of stress and anxiety at the same time as boosting mood and self-confidence.

Furthermore, teenagers who exercise regularly tend to sleep more deeply and report higher levels of concentration during school hours. Despite these well-documented benefits, a landmark WHO-led study found that more than 80% of teenagers worldwide fail to meet the recommended daily activity levels, largely due to sedentary screen-based habits.

Official Task Read the first paragraph carefully. Underline the words that refer to healthy actions.

Official Task Read the second paragraph and give a sentence that summarizes the main idea.

JRE To what extent do you think exercise improves teenagers' mental health?

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JRE To what extent is physical activity important for reducing stress? Support your answer with evidence from the text.

1.2

Habits for a Healthy Lifestyle • Continued

2. Nutrition, Sleep, and Recovery

Original Reading

A balanced diet is widely seen as the foundation of physical and mental well-being. Nutritionists advise that teenagers consume a varied range of fruits, vegetables, whole grains, lean proteins, and healthy fats, while limiting their intake of processed foods, too much sugar, and high-caffeine drinks. Poor nutrition has been directly linked to fatigue, difficulty concentrating, and mood changes, all of which affect academic performance. Sleep is equally important, but it is often underestimated. Teenagers require from eight to ten hours of sleep per night to support brain development, emotional control, and physical recovery. Research published in the journal Sleep Medicine found that teenagers who slept fewer than seven hours per night were more likely to report symptoms of anxiety and depression. Setting up a regular bedtime routine, such as avoiding screens for one hour before sleeping, has been shown to improve sleep quality.

3. Mindfulness, Social Connection, and Mindful Consumption

Original Reading

In recent years, mindfulness has moved from specialist wellness programs into common education. Mindfulness involves paying deliberate attention to the present moment, and can take many forms: meditation, slow breathing exercises, yoga, or simply sitting quietly without a device. Studies suggest that even ten minutes of daily mindfulness practice leads to measurable reductions in stress hormones over a period of four to six weeks. Alongside mindfulness, social connection plays a very important role in emotional health. Spending quality time with friends and family — face to face rather than through screens — has been shown to reduce loneliness and build the emotional resilience needed to cope with life's pressures. Finally, many psychologists advise us to be conscious not only of what we eat, but also of the media, products, and information we absorb daily.

Official Task Read and discuss with your partner how to improve your mindfulness. Then, write down your notes.

JRE Is physical activity more important than diet for teenagers' well-being? Justify your position using evidence from the reading.

JRE Sleep, nutrition, physical activity, and mindfulness: Which is the most important for mental health? Defend your opinion with evidence and explanation.

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READ

1.2 • Comprehension Check

Explain According to the text, what is the recommended daily activity level for teenagers? Give ONE example of how this can be achieved.

Explain In your own words, explain what “mindful consumption” means. Why do psychologists consider it an essential life skill?

Analyze How does exercise affect the brain? Use evidence from the text to support your answer.

Analyze What did the WHO-led study reveal about teenagers worldwide? Why does the text describe this finding as surprising?

Evaluate Do you think “mindful consumption” is one of the most important life skills for teenagers today? Why or why not? Use ideas from the text to support your answer.

True / False / Not Given — Justify your answer

Teenagers are advised to exercise daily, even if only for a short time.

Teenagers who exercise regularly tend to concentrate better at school.

According to the WHO, most teenagers worldwide meet the recommended activity levels.

Sleep has little connection to emotional wellbeing in teenagers.

Mindful consumption only refers to food choices.

Official note for NG

If you mark a statement Not Given (NG): In one line, write what the text would need to say for you to decide whether it is True (T) or False (F), and where in the text you looked at.

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VOCAB

1.2 • Vocabulary

Word / Expression	Meaning in Arabic	Definition / Note
well-being	الرفاه / الصحة الجيدة	a state of being comfortable, healthy, and happy
sedentary	قليل الحركة	involving little physical movement
mindfulness	الوعي الذهني	paying careful attention to the present moment
nutritionist	أخصائي تغذية	a health expert who gives advice on what to eat to stay healthy
underestimated	مُقلّل من أهميته	not valued enough
measurable	قابل للقياس	noticeable or able to be tracked, counted, or seen
processed food	طعام مُصنَّع	food changed from its natural state, often by adding sugar, salt or chemicals

Official Task Write TWO sentences using the vocabulary in bold that you identified in the text.

On Point Explanation

Key idea: the reading connects physical activity, nutrition, sleep, mindfulness and face-to-face social connection to both physical and mental well-being. The text also warns that screen-based sedentary habits can reduce activity levels.

شرح الفكرة

النص لا يعرض" عادة صحية واحدة "باعتبارها الحل الكامل، بل يربط الرفاهية بتوازن بين الحركة، التغذية، النوم، اليقظة الذهنية والعلاقات الاجتماعية .عند الإجابة على أسئلة JRE استخدم دليلًا محددًا من النص ثم اشرح كيف يدعم موقفك.

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GRAM

Grammar Focus • Participial Phrases & Relative Clauses

Participial Phrases — Official Explanation

A participial phrase begins with a verb in its -ing or -ed form and adds detail to the main clause. It allows you to pack more information into a single sentence without losing clarity.

Examples:
• Exercising regularly, people reduce the risk of serious diseases.
• Motivated by their health goals, many individuals choose to adopt a more active lifestyle.

Relative Clauses — Official Explanation

A relative clause uses who, which, or that to give more information about a noun. It allows you to define, clarify, or add evidence to the key elements of your arguments.

Example: Adolescents who sleep fewer than seven hours are significantly more likely to report anxiety.

Both structures allow you to combine ideas and add precision — an important skill in academic writing.

People who eat healthy food stay fit and active. (Relative clause)
People eating healthy food stay fit and active. (Participial phrase)

Grammar in Context — Official Tasks

Find THREE examples of participial phrases or relative clauses in the reading text. Underline and annotate them in the text.

Combine each pair of sentences using a participial phrase: Teenagers follow healthy habits. As a result, they improve their well-being.

Write two sentences about a healthy lifestyle: one using a participial phrase and one using a relative clause.

Write one sentence expressing a claim about a healthy lifestyle using a participial phrase or a relative clause.

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WRITE

1.2 • Speaking, Presentation & Writing

Speaking

Which of the habits do you think is most important for teenagers today? Take a position, explain your reasoning, and support it with examples.
Are any of the habits difficult to maintain in your daily life? What challenges do you face?

Presentation Task

After discussing your ideas with your classmates, create a 2-3-minute individual presentation. Choose ONE habit and explain:

- Why it is important for well-being.
- How it affects individuals and society and how it is linked to their well-being.
- Include a counterargument.
- Conclude with a clear judgment.

How to Structure an Analytical Paragraph

1. Topic Sentence (Claim)

Start with a clear opinion that answers the question. Example: Physical activity is more influential than diet in improving overall well-being.

2. Reason

Explain WHY you believe your claim is well supported. Example: This is because exercise directly affects both physical health and mental well-being.

3. Evidence

Support your idea using information from the text, examples or facts. Example: According to the text, physical activity releases endorphins, which reduce stress and improve mood.

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4. Explanation

Explain how your evidence supports your claim. Example: This shows that exercise not only improves physical health but also has a strong impact on mental well-being.

5. Concluding Sentence

End by reinforcing your main idea. Example: Therefore, physical activity plays a more significant role than diet in shaping overall well-being.

Official Writing Task

To what extent is sleep more important than other lifestyle factors in supporting well-being?

How does mindfulness improve well-being more than physical habits?

Why is social connection more important than individual habits for well-being? Justify your answer.

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1.2 • Exploring Modern Lifestyles

Definitions • التعريفات

Word / Term	Definition	المعنى
well-being	a state of being comfortable, healthy and happy	حُسن الحال / العافية
sedentary	involving little physical movement	قليل الحركة / خامل
mindfulness	paying deliberate attention to the present moment	اليقظة الذهنية
nutritionist	a health expert who gives advice about food and diet	أخصائي تغذية
underestimated	not valued or considered enough	مُستهان بأهميته
measurable	able to be noticed, counted or tracked	قابل للقياس
processed food	food changed from its natural state, often with added sugar, salt or chemicals	طعام مُصنّع / مُعالج
endorphins	chemicals released in the brain that can reduce stress and improve mood	الإندورفينات
recovery	the process of returning to a healthy or normal state	التعافي
resilience	the ability to cope with difficulty and recover	المرونة النفسية / القدرة على التعافي
mindful consumption	being conscious of the food, media, products and information you take in	الاستهلاك الواعي

Vocabulary

Vocabulary	Arabic Meaning
moderate-to-hard activity	نشاط بدني متوسط إلى قوي
daily target	الهدف اليومي
boost mood	يحسن المزاج
balanced diet	نظام غذائي متوازن
whole grains	حبوب كاملة
lean proteins	بروتينات قليلة الدهون
healthy fats	دهون صحية
high-caffeine drinks	مشروبات عالية الكافيين

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fatigue	إرهاق
academic performance	الأداء الأكاديمي
emotional control	التحكم الانفعالي
bedtime routine	روتين وقت النوم
sleep quality	جودة النوم
deliberate attention	انتباه مقصود
stress hormones	هرمونات التوتر
social connection	التواصل الاجتماعي
loneliness	الوحدة

Expressions, Prepositions & Collocations

Expression / Collocation	المعنى
meet the recommended activity levels	يحقق مستويات النشاط الموصى بها
count towards the daily target	يُحسب ضمن الهدف اليومي
release endorphins	يطلق الإندورفينات
reduce feelings of stress and anxiety	يقلل مشاعر التوتر والقلق
boost mood and self-confidence	يحسن المزاج والثقة بالنفس
limit the intake of	يحد من تناول
be linked to fatigue	يرتبط بالإرهاق
support brain development	يدعم نمو المخ
set up a regular bedtime routine	يضع روتينًا منتظمًا للنوم
improve sleep quality	يحسن جودة النوم
pay attention to the present moment	ينتبه للحظة الحالية
cope with life's pressures	يتعامل مع ضغوط الحياة

Word Families

Base / Verb	Noun	Adjective	Adverb
nutrition	nutritionist	nutritional	nutritionally
mind	mindfulness	mindful	mindfully
measure	measurement	measurable	measurably
connect	connection	connected	—
recover	recovery	recovered	—
concentrate	concentration	concentrated	—
recommend	recommendation	recommended	—

Synonyms & Antonyms

Word	Synonym	Antonym
sedentary	inactive	active
varied	diverse / different	limited / uniform
fatigue	tiredness / exhaustion	energy
deliberate	intentional / purposeful	accidental
regular	consistent	irregular
underestimated	undervalued	overestimated
measurable	quantifiable / observable	immeasurable
reduce	decrease / lower	increase / raise

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On Point Note: "mindfulness" = the practice / noun, while "mindful" = adjective. "nutrition" = the process/subject, "nutritionist" = the expert.

Language in Use • Participial Phrases & Relative Clauses

Type	Form	Example	الشرح
Participial phrase (-ing)	Verb-ing + extra detail	Exercising regularly, people reduce the risk of serious diseases.	نستخدم -ing لإضافة معلومة عن الفاعل أو الحدث
Participial phrase (-ed)	Past participle + extra detail	Motivated by their health goals, many individuals choose a more active lifestyle.	نستخدم التصريف الثالث عندما يكون المعنى مبنيًا للمجهول / واقعًا على الفاعل
Defining relative clause	noun + who / which / that + clause	People who eat healthy food stay fit and active.	جملة صلة تحدد الاسم وتضيف معلومة أساسية
Reduced form	noun + -ing phrase	People eating healthy food stay fit and active.	يمكن اختصار بعض جمل الوصل إلى -ing

On Point Note: Make sure the subject understood in the participial phrase is the same as the subject of the main clause. Avoid a "dangling participle".

الشرح المبسط

• النص يربط الرفاهية بأكثر من عنصر: النشاط البدني، التغذية، النوم، اليقظة الذهنية، والتواصل الاجتماعي. لذلك لا ينبغي التعامل مع عنصر واحد على أنه كافٍ وحده.

• النشاط البدني يساعد على إطلاق الإندورفينات، وهو ما يربطه النص بخفض التوتر وتحسين المزاج والثقة بالنفس.

• النوم والتغذية ليسا مجرد عادات شخصية؛ النص يربطهما بالتركيز والأداء الدراسي والتحكم الانفعالي والتعافي الجسدي.

• الاستهلاك الواعي لا يقتصر على الطعام؛ بل يشمل أيضًا ما نستهلكه من إعلام ومنتجات ومعلومات يوميًا.

Analytical Paragraph • التحليلية الفقرة كتابة طريقة

Part	الشرح
1. Claim / Topic Sentence	حدد موقفك بوضوح وأجب عن السؤال.
2. Reason	اشرح لماذا موقفك منطقي أو مدعوم.
3. Evidence	استخدم معلومة أو حقيقة من النص.
4. Explanation	اشرح كيف يدعم الدليل موقفك.
5. Concluding Sentence	أعد تأكيد الفكرة الرئيسية بحكم واضح.

JRE Model Answer

Part	Model
J — Justify / Claim	Regular physical activity is a major factor in teenagers' well-being.
R — Reason	It supports both physical and mental health.
E — Evidence	The reading states that physical activity releases endorphins that reduce stress and anxiety while boosting mood and self-confidence.

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Explain the evidence	This shows that exercise affects emotional health as well as physical fitness.
Judgment	Therefore, physical activity should be an important part of a balanced healthy lifestyle.

Extra Practice •

1. Combine using a participial phrase: Teenagers follow healthy habits. They improve their well-being.

.....

2. Join with a relative clause: Nutritionists give advice. They help teenagers make healthier food choices.

.....

3. Write one sentence explaining “mindful consumption” in your own words.

.....

4. Write a five-sentence analytical paragraph: Which is more important for well-being, sleep or physical activity?

.....

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1.3

1.3 • Whose Responsibility Is It?

SECTION B: Shared Responsibility

Official Intro — Who is responsible for the way we live?

People have different opinions about who is responsible for a person's lifestyle and well-being. Some believe that individuals should make their own healthy choices and take control of their habits. Others argue that family, society, money, and social media strongly influence people's decisions. The article explores different perspectives on responsibility, well-being, and the factors that shape human behavior and identity.

Official factors

Personal Choices: diet, exercise, sleep, habits
Family & Upbringing: values, routines, role models
Society & Media: advertising, culture, peer pressure

Inquiry Question What factors might affect a person's ability to live a healthy life?
Explain What does "taking responsibility for your life" mean to you?
Analyze Which factor do you think has the greatest influence over how we live?
Evaluate How far do personal choices shape human behavior and identity?

TEXT

Modern Health • Perspectives on Responsibility and Well-being

1. The Case for Personal Responsibility

Original Text

Many health professionals and philosophers argue that personal responsibility lies at the heart of a well-lived life. From this perspective, every individual possesses the agency–the capacity to choose and act, and it is through the exercise of this agency that identity is formed. Choosing to exercise, to eat nutritiously, to sleep well, and to manage stress are not simply habits; they are expressions of who we are and what we value. Psychologists refer to this as having an "internal locus of control" - a belief that one's own actions, rather than

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external forces, determine outcomes.

Research often supports the benefits of taking personal ownership. A landmark study published in the Journal of Health Psychology found that individuals who scored highly on self-efficacy measures–that is, those who believed in their ability to make positive changes–were significantly more likely to maintain healthy behaviors over time, regardless of their socioeconomic background.

Furthermore, advocates of personal responsibility argue that framing health as someone else's problem can be disempowering. When individuals attribute their choices entirely to outside forces, they risk becoming passive. Taking ownership, by contrast, builds confidence, resilience, and a sense of purpose, qualities that are central to a positive identity.

On Point Key Terms

Word / Expression	Meaning in Arabic	Definition / Note
agency	القدرة على الاختيار والتصرف	the power to make choices and take independent action
internal locus of control	موضع تحكم داخلي	belief that one's own actions determine outcomes
self-efficacy	الكفاءة الذاتية	belief in one's own capacity to succeed
disempowering	يُشعر الشخص بالعجز	making someone feel less capable or in control
resilience	المرونة النفسية	the ability to recover and adapt in the face of difficulty

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TEXT

Modern Health • Continued

2. Social and Environmental Influences

Original Text

However, the idea that individuals are entirely responsible for their own health is increasingly challenged by social scientists and public health experts. Research in sociology demonstrates that where we grow up, how much money our family has, and the cultural rules we are raised with profoundly shape the choices available to us.

A teenager growing up in a neighborhood with no safe parks or affordable sports facilities cannot simply “choose” to exercise easily. A family with limited income may struggle to prioritize fresh vegetables over cheaper processed foods. These are not failures of willpower; they are structural barriers, obstacles built into the environment that restrict genuine choice.

Moreover, advertising and social media exert enormous pressure on young people. Brands invest billions in campaigns designed to shape preferences and habits, often targeting teenagers who are at a particularly impressionable stage of development.

3. The Role of Government and Shared Responsibility

Original Text

A third perspective argues that responsibility is not an either-or choice; it does not belong entirely to the individual or entirely to society, but is shared. Governments, schools, families, and communities all have a role in creating the conditions that make healthy living possible and accessible.

In recent decades, many governments have introduced public health policies intended to guide and encourage better choices: taxes on high-sugar drinks, restrictions on junk food advertising near schools, and national campaigns promoting physical activity. Proponents argue that these measures do not remove individual freedom – they reshape the environment so that the healthier choice becomes the easier choice.

Economist Richard Thaler’s concept of the “nudge” captures this idea precisely: small, well-designed changes to the context in which decisions are made can shift behavior without restricting freedom. From this viewpoint, responsibility is not abandoned by the individual — it is supported and shared by the structures

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around them.

READ

1.3 • JRE & Comprehension

JRE To what extent is personal responsibility the most important factor in maintaining a healthy lifestyle? Justify your position using evidence from the reading.

JRE To what extent can someone be “responsible” for choices they were never truly free to make? Defend your opinion with evidence and explanation.

Official Comprehension Check

Explain According to the text, what does having an “internal locus of control” mean? Why do some psychologists consider it important for well-being? Explain your answer.

Analyze What evidence does the text provide to support the argument for personal responsibility? How convincing do you find this evidence?

Explain Explain what the text means by “structural barriers”. Give TWO examples from the text.

Analyze How does advertising complicate the idea of personal responsibility, according to the article?

Evaluate Do you think Richard Thaler’s idea of the “nudge” is an effective way to encourage responsible behavior? Why or why not? Use ideas from the text to support your answer.

True / False / Not Given — Justify

Individuals with high self-efficacy are more likely to maintain healthy behaviors over time.

The article argues that personal responsibility is the only factor that matters for health outcomes.

Structural barriers make it genuinely difficult for some people to make healthy choices.

Governments have no role to play in helping individuals make better lifestyle choices.

The concept of “nudge” involves restricting people’s freedom to choose.

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VOCAB

1.3 • Official Vocabulary

Word / Expression	Meaning in Arabic	Definition / Note
agency	القدرة على الاختيار والتصرف	the power to make choices and take independent action
self-efficacy	الكفاءة الذاتية	the belief in one's own capacity to succeed
structural barriers	عوائق هيكلية / بنيوية	obstacles in the environment that limit genuine choice
locus of control	موضع التحكم	a person's belief about whether they control their own life
resilience	المرونة / القدرة على التعافي	the ability to recover and adapt in the face of difficulty
nudge	دفعة بسيطة / توجيه لطيف	a gentle push towards a certain behavior without force
disempowering	مُضعِف للشعور بالقدرة	making someone feel less capable or in control

Official Speaking

To what extent is it fair to hold individuals responsible for their own poor health choices? Consider factors such as access to resources, education, and social influence. Take a position, explain your reasoning, and support your view with examples.

Presentation Task

Choose ONE perspective on responsibility and create an individual presentation.

Explain whether you agree that this perspective best explains responsibility for health using a claim + reason + evidence.

Include an opposing view and explain how the debate relates to personal or social identity.

Writing Task

Official Writing To what extent is personal responsibility important in maintaining a healthy lifestyle? Write an analytical paragraph of 150-180 words.

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Official sentence starters

I believe that _____. • This is because _____. • The text shows that _____. • However, _____. • Therefore, _____. • It’s argued that _____. • It’s suggested that _____.

On Point Explanation

A strong answer should not treat responsibility as a simple either/or issue. The official text presents three perspectives: personal agency, social/environmental limits, and shared responsibility. Use evidence from at least two perspectives before reaching a judgment.

طريقة شرح الإجابة

في سؤال“ إلى أي مدى ”لا تكتفِ برأي واحد .اذكر موقفك، ثم دليلًا من النص، وبعد ذلك اعرض وجهة النظر المقابلة مثل structural barriers أو دور الحكومة، ثم اختم بحكم واضح يوازن بين المسؤولية الفردية والمسؤولية المشتركة.

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1.3 • Whose Responsibility Is It?

Definitions • التعريفات

Word / Term	Definition	المعنى
agency	the capacity or power to choose and act independently	القدرة على الاختيار والتصرف
self-efficacy	the belief in one's own ability to make changes or succeed	الكفاءة الذاتية / الإيمان بالقدرة على النجاح
locus of control	a person's belief about whether outcomes are controlled mainly by their own actions or external forces	مركز التحكم
structural barriers	obstacles in the environment or society that restrict genuine choice	عوائق هيكلية / مجتمعية
resilience	the ability to recover and adapt after difficulty	المرونة / القدرة على التعافي
nudge	a small change that encourages a behavior without forcing it	دفعة / توجيه بسيط دون إجبار
disempowering	making someone feel less capable or less in control	يسلب القدرة / يشعر الشخص بالعجز
socioeconomic background	a person's social and economic circumstances	الخلفية الاجتماعية والاقتصادية

Vocabulary & Key Ideas

Vocabulary / Phrase	Arabic Meaning
personal responsibility	المسؤولية الشخصية
take ownership	يتحمل المسؤولية
internal locus of control	مركز تحكم داخلي
healthy behaviors	سلوكيات صحية
external forces	قوى / عوامل خارجية
willpower	قوة الإرادة
affordable facilities	مرافق ميسورة التكلفة
impressionable stage	مرحلة سهلة التأثر
public health policies	سياسات الصحة العامة
proponents	المؤيدون
restrict freedom	يقيد الحرية
reshape the environment	يعيد تشكيل البيئة
accessible	متاح / سهل الوصول إليه

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Expressions, Prepositions & Collocations

Expression / Collocation	المعنى
lie at the heart of	يقع في صميم / جوهر
take control of their habits	يسيطر على عاداته
regardless of socioeconomic background	بغض النظر عن الخلفية الاجتماعية والاقتصادية
attribute choices to outside forces	ينسب الاختيارات إلى عوامل خارجية
risk becoming passive	يخاطر بأن يصبح سلبيًا
be central to a positive identity	يكون أساسيًا لهوية إيجابية
be built into the environment	يكون متأصلًا في البيئة
exert pressure on young people	يمارس ضغطًا على الشباب
target teenagers	يستهدف المراهقين
create the conditions for	يوفر الظروف اللازمة لـ
make healthy living possible and accessible	يجعل الحياة الصحية ممكنة ومتاحة
shift behavior without restricting freedom	يغير السلوك دون تقييد الحرية

Word Families

Noun	Adjective	Adverb
responsibility	responsible	responsibly
structure	structural	structurally
empowerment	empowered / disempowering	—
resilience	resilient	resiliently
effect / effectiveness	effective	effectively
influence	influential	influentially
access	accessible	accessibly

Synonyms & Antonyms

Word	Synonym	Antonym
internal	inside / personal	external
passive	inactive / dependent	active / proactive
restrict	limit / control	allow / permit
accessible	available / reachable	inaccessible
empower	enable / strengthen	disempower
affordable	reasonably priced	expensive
genuine	real / true	false / artificial

Prefixes & Suffixes

Prefix / Suffix	Function	Example	المعنى
self-	refers to oneself	efficacy → self-efficacy	ذاتي
dis-	negative / opposite / remove	empower → disempower	عكس / سلب
socio-	related to society	economic →	اجتماعي

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		socioeconomic	
-ity	forms a noun	responsible → responsibility	يُكوّن اسمًا
-al	forms an adjective	structure → structural	يُكوّن صفة
-ence	forms a noun	resilient → resilience	يُكوّن اسمًا

الشرح المبسط

• المقال لا يقدم إجابة واحدة بسيطة عن المسؤولية، بل يعرض ثلاث وجهات نظر: المسؤولية الشخصية، التأثيرات الاجتماعية والبيئية، ثم المسؤولية المشتركة.

• وجهة النظر الأولى تؤكد agency وself-efficacy: أي أن الشخص يستطيع أن يختار ويتصرف ويؤثر في نتائج حياته.

• وجهة النظر الثانية توضح أن الاختيار ليس حرًا بالكامل دائمًا؛ فقد تمنع العوائق الهيكلية بعض الناس من ممارسة الرياضة أو شراء الطعام الصحي بسهولة.

• وجهة النظر الثالثة تجمع بين الطرفين: الفرد يظل مسؤولًا، لكن الحكومة والمدرسة والأسرة والمجتمع يمكن أن تجعل الاختيار الصحي أسهل من خلال سياسات مثل nudge.

• في أسئلة To what extent الأفضل أن تعرض الرأي المقابل ثم تصل إلى حكم متوازن بدل الإجابة بنعم أو لا فقط.

JRE Model Answer • إجابة نموذج

Part	Model
J — Justify / Claim	Personal responsibility is important, but it is not the only factor shaping a healthy lifestyle.
R — Reason	People can make choices, yet their options are affected by their environment and resources.
E — Evidence	The text explains that some teenagers may have no safe parks or affordable sports facilities, while governments can use “nudges” to make healthy choices easier.
Explain the evidence	This evidence shows that individual agency operates within social and environmental conditions.
Judgment	Therefore, responsibility is best understood as shared between individuals and the structures around them.

Extra Practice

1. Explain the difference between self-efficacy and locus of control.

.....

2. Give one example of a structural barrier from the official reading and explain its effect.

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.....

3. Use “regardless of” in a sentence about healthy behavior.

.....

4. Write a balanced JRE response: Is personal responsibility the most important factor in health?

.....

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1.4

1.4 • Understanding Mental Health

SECTION B: Shared Responsibility

Official Intro — What it means to live under pressure in modern life

Modern teenagers face increasing pressure from many aspects of daily life. Academic demands, social expectations, and consistent exposure to digital media can affect how they think, feel, and behave.

Inquiry Question What are the main sources of stress in teenagers' lives today, and how do digital habits change the way they experience that stress?

Analyze How might school, family, and social media affect teenagers' mental health?

Explain How do teenagers usually deal with stress?

Evaluate To what extent can media affect teenagers' behavior and feelings?

Official Listening

Under Pressure: Understanding Stress and Mental Health in Egyptian Teenagers

Adapted from a school health survey, Ministry of Education, Egypt (2023). Sample: 450 students aged 14-17, mixed urban/rural.

Important: the full audio text is not printed in the student book. This memo keeps the official task and does not replace it with an invented passage.

Explain According to the study, what percentage of teenagers reported high stress during exams? What were the four main causes?

Analyze What specific finding links physical activity to stress levels? What does "controlling for academic performance variables" mean?

Evaluate How did collectivist and individualistic students differ in their coping strategies? Which approach was more effective in your opinion?

Analyze What difference did researchers find in access to school counseling? What type of further research did they call for, and why?

JRE To what extent can a single study provide sufficient evidence for drawing conclusions about teenage mental health? Defend your position with reasons and evidence.

JRE To what extent do cultural perspectives influence the interpretation of mental health data? Support your answer with evidence.

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GRAM

1.4 • Speaking & Conditional Structures

Official Speaking

The impact of social media on teenagers in terms of causing stress.
Which is more effective for managing stress: family support or individual activities?
To what extent do teenagers compare themselves to others online?
What questions would you still need to answer before fully trusting these results?
Explain why each question matters.

Grammar Focus — Conditional Structures (Hedging)

Official Explanation

Academic writing requires precision, caution, and clarity. To help achieve this, we can use conditional structures for hedging. Conditionals allow writers to express certainty, possibility, or caution — an essential skill for JRE when making claims based on evidence.

Structure	النوع	Official example
First conditional (real)	الشرط الأول - احتمال حقيقي	If schools offer counseling, stress levels may fall.
Second conditional (hypothetical)	الشرط الثاني - افتراضي	If more schools offered counseling, students would most likely feel better supported.
Third conditional (unreal past)	الشرط الثالث - ماضٍ غير حقيقي	If the study had included more schools, the findings would have been more conclusive.

Grammar in Context — Official Tasks

If teenagers exercise regularly, they _____.
If schools had offered health support earlier, fewer students _____ stress.
If social media were less popular, teenagers _____ less pressure.
Write THREE sentences about mental health in school life. Use conditional forms.

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On Point Explanation

Use the first conditional for realistic future results, the second for hypothetical or unlikely present/future situations, and the third for unreal past conditions. In academic writing, modals such as may and might help you avoid overclaiming.

شرح مبسط

الشرط الأول يتكلم عن نتيجة ممكنة فعلًا، الثاني عن موقف افتراضي في الحاضر أو المستقبل، والثالث عن شيء لم يحدث في الماضي .في البكالوريا الهدف ليس حفظ الشكل فقط، بل استخدامه لتقديم ادعاء حذر ودقيق ضمن.JRE

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1.4 • Understanding Mental Health

Definitions • التعريفات

Word / Term	Definition	المعنى
stress	mental or emotional pressure caused by difficult demands or situations	التوتر / الضغط النفسي
coping strategy	a method used to deal with stress or difficulty	استراتيجية للتعامل مع الضغط
collectivist	emphasizing the group, family or community	جماعي التوجه
individualistic	emphasizing personal independence and individual choice	فردي التوجه
counseling	professional guidance and support for personal or psychological problems	إرشاد / دعم نفسي
conclusive	strong enough to settle a question or support a firm conclusion	حاسم / قاطع
sufficient evidence	enough reliable evidence to support a conclusion	دليل كافٍ
cultural perspective	a way of understanding something influenced by cultural values and norms	منظور ثقافي
variable	a factor that can change and affect results	متغير

Vocabulary & Expressions

Expression / Collocation	المعنى
face increasing pressure	يواجه ضغطًا متزايدًا
academic demands	متطلبات دراسية
social expectations	توقعات اجتماعية
consistent exposure to digital media	تعرض مستمر للإعلام الرقمي
deal with stress	يتعامل مع التوتر
compare themselves to others online	يقارنون أنفسهم بالآخرين على الإنترنت
access to school counseling	الوصول إلى الإرشاد النفسي المدرسي
call for further research	يدعو إلى مزيد من البحث
draw conclusions	يستخلص نتائج
interpret mental-health data	يفسر بيانات الصحة النفسية
control for variables	يضبط / يتحكم في المتغيرات
trust the results	يثق في النتائج

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Word Families

Verb	Noun	Adjective	Adverb
conclude	conclusion	conclusive	conclusively
culture	culture	cultural	culturally
individualize	individual	individualistic / individual	individually
counsel	counseling / counselor	—	—
suffice	sufficiency	sufficient	sufficiently
evidence	evidence	evident	evidently
interpret	interpretation	interpretive	—

Language in Use • Conditional Structures for Hedging

Type	Form	Official Example	الشرح
First conditional — real / possible	If + present simple, will / may + infinitive	If schools offer counseling, stress levels may fall.	حالة حقيقية أو محتملة في الحاضر/المستقبل
Second conditional — hypothetical	If + past simple, would + infinitive	If more schools offered counseling, students would most likely feel better supported.	حالة افتراضية أو أقل احتمالًا
Third conditional — unreal past	If + past perfect, would have + p.p.	If the study had included more schools, the findings would have been more conclusive.	حالة لم تحدث في الماضي ونتيجتها لم تحدث

On Point Note: In academic writing, conditionals can soften a claim. “If the sample were larger, the result might be more reliable” is more cautious than stating the result as an absolute fact.

Be Careful

Words	Difference	المعنى
stress / stressed	stress = noun/verb; stressed = adjective	التوتر / متوتر
evidence / evident	evidence = noun; evident = adjective	دليل / واضح
conclusion / conclusive	conclusion = noun; conclusive = adjective	استنتاج / حاسم
collective / collectivist	collective = shared/group; collectivist = relating to a culture that emphasizes the group	جماعي / جماعي التوجه

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الشرح المبسط

- هذا الجزء يركز على كيفية فهم الضغط النفسي من خلال بيانات ودراسة، لذلك المطلوب ليس حفظ أرقام فقط بل تقييم قوة الدليل وحدود الدراسة.
- عندما يسألك السؤال عن "selbairav rof gnillortnoc"، فالمقصود محاولة عزل أثر عامل معين حتى لا تكون النتيجة بسبب عوامل أخرى.
- المقارنة بين collectivist وindividualistic توضح أن الثقافة قد تؤثر في طريقة التعامل مع الضغط وتفسير بيانات الصحة النفسية.
- قبل الثقة في أي نتيجة بحثية اسأل عن حجم العينة، تنوعها، طريقة القياس، إمكانية التعميم، وعوامل أخرى قد تؤثر في النتائج.

JRE Model Answer

Part	Model
J — Justify / Claim	A single study can provide useful evidence, but it may not be sufficient for a final conclusion about all teenagers.
R — Reason	A study is limited by its sample, context and method.
E — Evidence	The official task itself asks about sample size, urban/rural representation, counseling access and the need for further research.
Explain the evidence	These questions show that evidence should be evaluated before it is generalized to a wider population.
Judgment	Therefore, one study can inform a conclusion, but stronger judgments require additional evidence from varied contexts.

Extra Practice

1. Complete: If schools offer more counseling, students _____ feel better supported.

.....

2. Complete: If social media were less popular, teenagers _____ less pressure.

.....

3. Write a third conditional about a study that did not include enough schools.

.....

4. Give two questions you would ask before trusting the results of a mental-health survey.

.....

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1.5

1.5 • Assessment

Summative Writing Task

Write an analytical paragraph of 150-180 words. Choose ONE of the following questions:

A. What does it mean to live a good life in today's world?

B. Should social media be held responsible for influencing our lifestyle choices?

C. How do cultural differences shape our understanding of well-being?

Official Writing Frame

The issue of _____ is widely discussed today. This paragraph examines _____ using evidence from the text.

Firstly, _____. This suggests that _____.

The text shows that _____.

Furthermore, _____. This indicates that _____.

However, _____.

In contrast, the text highlights that _____.

Overall, it can be argued that _____ because _____.

If _____, then _____.

Official Reflection Questions

How have your views about lifestyle and well-being changed throughout this unit?

What new questions do you now have about mental health, social media, or public responsibility?

Which claims in the unit were based on solid evidence, and which were mostly opinion?

How did your own cultural background influence the way you interpreted the texts in this unit?

What new analytical or rhetorical skills have you developed?

Before you write

What knowledge and assumptions are you drawing on? What perspectives might you be missing from your paragraph?

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CHECK

Self-Assessment

Rating Scale

★★★ Confident — I can do this independently
★★ Developing — I can do this with some help
★ Needs practice — I find this difficult

Reading

- read a health article for gist, identify key details, and support my answers with evidence from the text.
- identify the main argument and supporting points in an opinion article about social media and self-image.
- analyze a multi-perspective opinion article and identify three distinct viewpoints: personal, social, and shared responsibility.

Vocabulary

- understand and use: well-being, sedentary, mindfulness, resilience.
- understand and use: agency, self-efficacy, structural barriers, locus of control, nudge, disempowering.

Grammar

- identify and use participial phrases (-ing/-ed) to add detail to a main clause efficiently.
- identify and use relative clauses (who, which, that) to define or add information about a noun.
- use conditional structures correctly: If ..., will / may ...; If ..., would ...; If ... had ..., would have ... .

Media Literacy

- identify biased, evaluative, and persuasive language (intensifiers, hedging, absolute language, rhetorical questions) in media texts.
- distinguish between a fact, an opinion, and a biased claim in a social media post or article.

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JRE / Listening / Speaking / Writing

- construct a JRE argument: state a clear claim, give a reason, cite evidence from the text, and explain how it supports my claim.
- listen to a research-based article, answer detailed questions accurately, and explain the meaning of technical terms in context.
- take a clear position on a discussion question, explain my reasoning, and support it with examples.
- write an analytical paragraph with a topic sentence (claim), reason, evidence from the text, explanation, and concluding sentence.

One skill I want to work on:

_____

One thing I am proud of in this unit:

_____

EXTRA

On Point Extra Practice • Original-Text Based

Rule

These questions are additional practice written from the vocabulary, grammar and ideas in the official Unit 1 texts above. No new substitute reading passage is introduced.

Choose the correct answer

1. The tendency to post only the best moments online is called the _____ effect.
   highlight-reel / locus of control / nudge / resilience
2. A lifestyle involving little physical movement is described as _____.
   sedentary / measurable / mindful / resilient
3. A belief in your own capacity to succeed is _____.
   self-efficacy / agency / nutrition / bias
4. Obstacles built into the environment that restrict genuine choice are _____.
   structural barriers / intensifiers / relative clauses / routines
5. A gentle push towards a behavior without force is a _____.
   nudge / bias / comparison / claim
6. “Research indicates that excessive use may...” is an example of _____.
   hedging / absolute language / a rhetorical question / a command
7. “If more schools offered counseling, students would...” is the _____ conditional.
   second / first / third / zero
8. “Motivated by their health goals, ...” begins with a _____ phrase.
   participial / relative / conditional / noun

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JRE Mini Practice

Claim: Social media can create unrealistic expectations. Add one reason and one piece of evidence from the official social media section.

Claim: Healthy living is partly an individual responsibility. Add a counterargument from the “structural barriers” paragraph.

Claim: Governments can support healthy choices without removing freedom. Use the “nudge” idea as evidence.

Grammar Editing

Rewrite with hedging: “Social media always damages teenagers.”

Combine with a participial phrase: Teenagers exercise regularly. They improve their mood.

Add a relative clause: Teenagers need support. They experience high stress.

Write a third conditional sentence about a study that did not include enough schools.

✓

End of Unit 1

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MR

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